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Tuesday, July 2, 2019 metro.us | t: MetroPhilly | f: MetroPhilly

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MAN TALKS FOOD

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'COCO' POWER

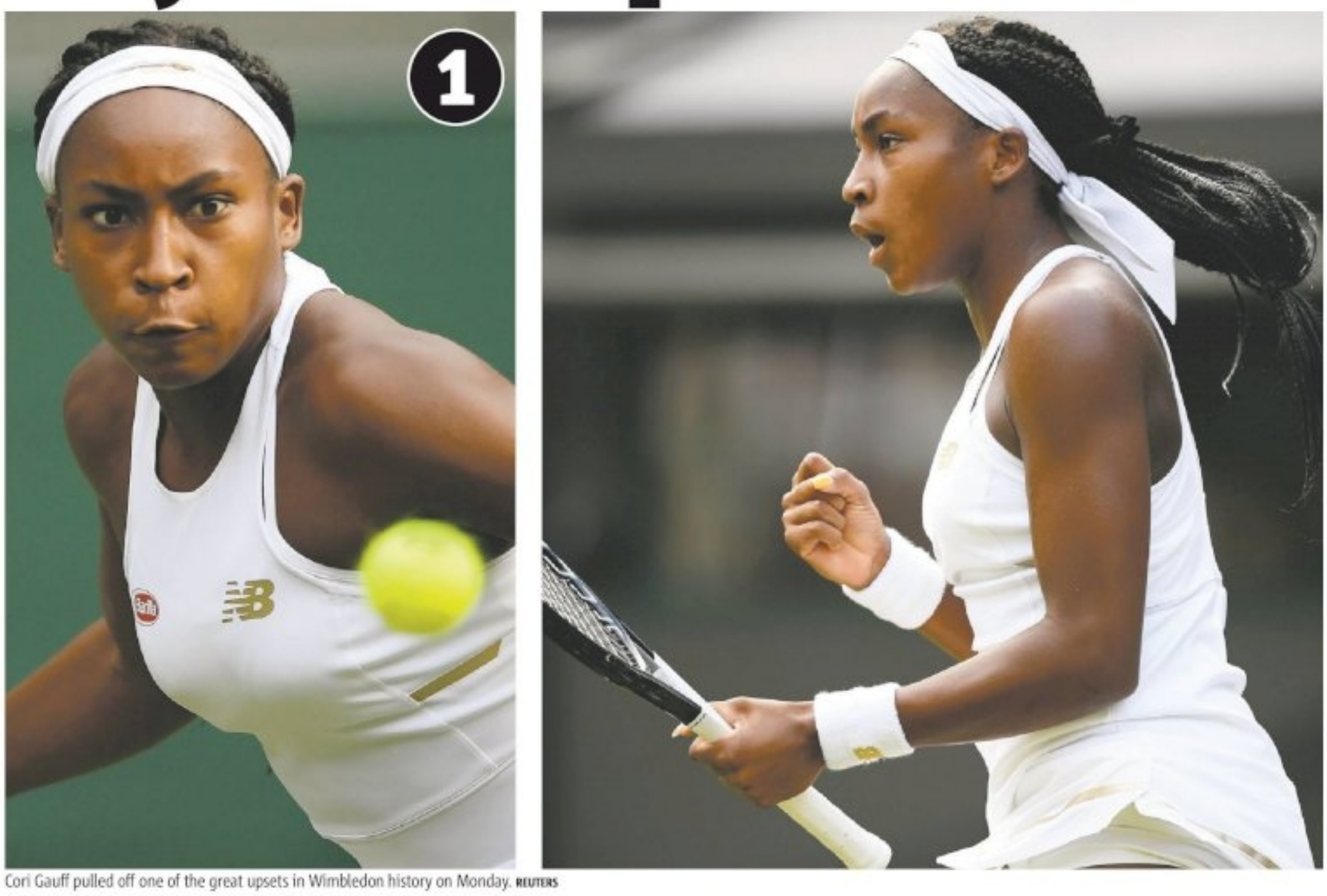
In a Wimbledon shocker, 15-year-old Cori "Coco" Gauff, ranked 301st in the world, upset her idol Venus Williams in Monday's opening round. 2

GETTY IMAGES

8 THINGS TO KNOW

Wimbledon shocker as 15-year-old upsets Venus

Cori Gauff, age 15, was ranked 301st in the world before defeating her idol.



Cori Gauff pulled off one of the great upsets in Wimbledon history on Monday. REUTERS

Cori Gauff served up the perfect excuse for playing hooky from school on Monday as the 15-year-old American caused one of the biggest shocks in Wimbledon history by dispatching Venus Williams 6-4 6-4 in the first round on Monday.

Aged 39, Williams is considered Wimbledon royalty as she has been part of the All England Club family for over two decades, having won the singles title five times — including two before Gauff was even born.

But Gauff, the youngest player to qualify for the main draw in the professional era, was in no mood to play a lady-in-waiting as she made a mockery of the 24-year age difference and 269 ranking spots that separate her from her idol Williams.

Playing a fearless brand of tennis that belied her young age, she bullied Williams into submission.

"I don't even know how to explain how I feel," Gauff, who wiped away a tear as she walked off Court One, said moments after her remarkable win.

"I definitely had to tell myself to stay calm. I have never played on a court so big, but I had to remind myself that the lines on the court are the same size, everything around it might be bigger, but the lines are the same and after every point I was just telling myself to stay calm.

"I never thought this would happen. I am literally living my dream right now, and not many get to say that. So I am just happy that Wimbledon gave me the opportunity just to play and I obviously never thought it would be this far," added the teenager, who was given a wild card into the qualifying tournament.

Before the match, Gauff, known as Coco, had told her Instagram followers: "Two of my teachers found out I played tennis after I made the main draw here."

If her Florida-based teachers needed any proof on exactly what she was up to, they only needed to tune into their TVs to see just why Wimbledon was going Coco-crazy on Monday.

A break in the fifth game of the opening set, which included a delectable lob over the statuesque Williams, was enough to win her the first set.

The nerveless display continued in the second set and she sealed victory on her fourth match point when Williams netted a forehand.

"After the match, I told her just thank you for everything she did. I wouldn't be here if it wasn't for her. I was just telling her that she is so inspiring and that I always wanted to tell her that. Even though I met her before, I guess I had the guts to [tell her today]." REUTERS

Dem Buttigieg raises nearly $25M in second quarter

2 Presidential candidate Pete Buttigieg raised $24.8 million from nearly 300,000 donors in the second quarter this year, his campaign said on Monday, putting him in the top tier among the more than 20 Democrats running for the White House. The South Bend, Indiana, mayor has more than doubled the number of individuals funding his bid for the presidency, his campaign said. In a statement, Buttigieg's campaign said more than 294,000 people donated between April and June, including 230,000 new donors. Overall, donors have given an average contribution of $47.42 since Buttigieg, 37, who had no national profile, launched his bid. The campaign also has more than $22.6 million cash on hand, ensuring he will have plenty of funds to compete in the coming months with other candidates expected to raise large sums, like former Vice President Joe Biden. REUTERS

Domestic violence charges against former QB Rypien

3 Former NFL quarterback Mark Rypien, who led the Washington Redskins to a 1992 Super Bowl victory, was charged with domestic violence, police said on Monday. Rypien, 56, was arrested outside a Spokane bank on Sunday and charged with fourth-degree assault after police found his wife lying on the ground, said Police Sergeant John O'Brien. Washington state law requires police to arrest the suspect in an alleged domestic assault case. O'Brien described Rypien's arrest as routine, noting that the former player was "very cooperative" with authorities. Since leaving the game in 2001, Rypien has publicly said he believes he suffers from chronic traumatic encephalopathy, or CTE, a degenerative brain disease linked to repeated concussions and hits to the head common in football that can cause erratic mood swings and behavior and memory loss. REUTERS

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Iran denies nuclear-deal breach after amassing excess enriched uranium

The uranium, which violates a 2015 pact, may further increase tensions between the U.S. and Iran.

Iran announced on Monday it had amassed more low-enriched uranium than permitted under its 2015 deal with major powers, its first major step beyond the terms of the deal since the United States pulled out of it more than a year ago.

Iranian Foreign Minister Mohammad Javad Zarif, who announced the move, said it nevertheless did not amount to a violation of the accord, arguing that Iran was exercising its right to respond to the U.S. walkout.

The step, however, could have far-reaching consequences for diplomacy at a time when European countries are trying to pull the United States and Iran back from the brink of war. It comes less than two weeks after President Donald Trump ordered air strikes on Iran, only to cancel them minutes before impact.

European powers, who remain party to the accord and have tried to keep it in place, urged Iran not to take further steps that would violate it. But they held off on declaring the agreement void or announcing sanctions of their own.

The U.N. nuclear watchdog, the International Atomic Energy Agency (IAEA), which monitors Iran's nuclear program under the deal, confirmed in Vienna that Tehran had breached the limit.

"We have NOT violated the #JCPOA," Zarif wrote on Twitter, referring to the deal by its formal title, the Joint Comprehensive Plan of Action (JCPOA).

"Para 36 of the accord illustrates why. We triggered & exhausted para 36 after US withdrawal," he wrote, referring to a paragraph of the accord which contains the mechanism for countries to resolve disputes. He said Iran had waited 60 weeks after notifying other signatories before acting.

"As soon as E3 abide by their obligations, we'll reverse," he said, referring to European powers Britain, Germany and France, which Iran has demanded guarantee it the access to world trade envisioned under the deal.

The move is a test of European diplomacy after French, British and German officials had promised a strong diplomatic response if Iran fundamentally breached the deal.

The Europeans, who opposed last year's decision by Trump to abandon the agreement signed under his predecessor Barack Obama, had pleaded with Iran to keep within its parameters.

British Foreign Secretary Jeremy Hunt said Britain wants to preserve the pact "because we don't want Iran to have nuclear weapons. But if Iran breaks that deal then we are out of it as well."

Iran has said it aims to keep the accord in place but cannot abide by its terms indefinitely, as long as sanctions imposed by Trump have deprived it of the benefits it was meant to receive in return for accepting curbs on its nuclear program.

U.N. Secretary General Antonio Guterres is concerned about Iran's moves, spokesman Stephane Dujarric said.

"Such action by the Islamic Republic of Iran would not help preserve the plan, nor secure the tangible economic benefits for the Iranian people. It is essential that this issue ... be addressed through the mechanism established by the JCPOA." REUTERS

Iran's Foreign Minister Mohammad Javad Zarif sits for an interview with Reuters in New York. REUTERS

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Hong Kong police fire tear gas after protesters trash legislature

About 1,000 demonstrators gathered at Legislative Council in one of the city's most violent protests.

Hong Kong police fired tear gas in running battles with hundreds of protesters, some of whom stormed the legislature, destroyed pictures and daubed walls with graffiti, on the anniversary of the city's 1997 return to Chinese rule on Monday.

Police arrived in a convoy of buses as about a thousand protesters, furious at a proposed law allowing extraditions to China, were gathered around the Legislative Council building in the former British colony's financial district in a direct challenge to authorities in Beijing.

Police fired several rounds of tear gas as protesters held up umbrellas to protect themselves or fled. Plumes of smoke billowed across major thoroughfares and in between some of the world's tallest skyscrapers.

Most demonstrators had been cleared by the early hours of Tuesday after some of the most violent protests to rock the city in decades. It was not clear if any arrests were made.

Umbrellas, metal barriers, hard hats, water bottles and other debris lay strewn across major roads. Police removed metal barriers and other blockades from some thoroughfares in a bid to clear them ahead of businesses reopening on Tuesday.

Protesters had carried road signs, others corrugated iron sheets and pieces of scaffolding, as they barged into the council building. Some sat at legislators' desks, checking their phones, while others scrawled "anti-extradition" on chamber walls.

Other graffiti called for Hong Kong leader Carrie Lam to step down, while pictures of some lawmakers were defaced.

"HK Is Not China" was painted in black on a white pillar.

The government called for an immediate end to the violence, saying it had stopped work on amendments to the suspended extradition bill and that the legislation would automatically lapse in July next year.

PROTESTERS RAM LEGISLATURE

A small group of mostly students wearing hard hats and masks had used a metal trolley, poles and scaffolding to charge again and again at the compound's reinforced glass doors, which eventually gave.

The Legislative Council Secretariat released a statement cancelling business for Tuesday. The central government offices said they would close on Tuesday "owing to security consideration," while all guided tours to the Legislative Council complex were suspended until further notice.

Riot police in helmets and carrying batons earlier fired pepper spray as the standoff continued into the sweltering heat of the evening. Some demonstrators removed steel bars that were reinforcing parts of the council building.

Banners hanging over flyovers at the protest site read: "Free Hong Kong."

The protesters, some with cling film wrapped around their arms to protect them from tear gas, once again paralyzed parts of the Asian financial hub as they occupied roads after blocking them off with metal barriers.

REUTERS

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Taylor Swift. REUTERS IMAGES

Justin Bieber.

Taylor Swift and Justin Bieber at odds in spat over her music catalog

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Swift accused Bieber manager Scooter Braun of "incessant, manipulative bullying."

Pop superstar Taylor Swift has attacked Justin Bieber's manager for buying her music catalog, prompting Bieber to come to his defense in a heated online spat that has drawn in several top figures in the music industry.

Swift on Sunday wrote a lengthy post on Tumblr voicing dismay that Scooter Braun, the manager for Bieber as well as Ariana Grande and Demi Lovato, was acquiring Big Machine, the Nashville-based record company that owns the master recordings of her past songs.

"This is my worst-case scenario," the "Shake It Off" singer wrote, and accused Braun of "incessant, manipulative bullying."

Swift said Braun "got two of his clients to bully me online" about a 2016 tiff with Kim Kardashian and Kanye West, and referred to a photo of Braun and Bieber.

"Now Scooter has stripped me of my life's work, that I wasn't given an opportunity to buy," Swift wrote, signing the post "sad and grossed out."

A representative for Braun, who owns the company Ithaca Holdings, did not immediately respond to a request for comment.

Ithaca Holdings LLC on Sunday announced it was acquiring the Big Machine Label Group. Terms of the deal were not disclosed.

Swift, 29, signed with Big Machine at age 15 and left last November for Universal Music Group, a unit of French conglomerate Vivendi. She is releasing her first album with UMG in August.

Big Machine Label Group founder Scott Borchetta wrote on the company's blog that Swift had been offered a deal in which "100 percent of all Taylor Swift assets were to be transferred to her immediately upon signing the new agreement."

He posted excerpts from the proposed deal as well as friendly text messages that he said were between himself and Swift under the headline: "So, It's Time for Some Truth."

On Instagram, Bieber apologized for being "hurtful" to Swift in the past but said Braun "didn't have anything to do with it."

> **"Scooter has had your back since the days you graciously let me open for you! So for you to take it to social media and get people to hate on social media isn't fair."**
> Justin Bieber

"Scooter has had your back since the days you graciously let me open for you!" Bieber wrote. "So for you to take it to social media and get people to hate on social media isn't fair."

Bieber proposed that the three talk it out privately.

"Banter back and forth online I don't believe solves anything," he said.

Singers Halsey and Cher expressed support for Swift in online posts, while Lovato came to Braun's defense.

"I have dealt with bad people in this industry and Scooter is not one of them," Lovato wrote on Instagram. REUTERS

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Last night I went to a Mexican restaurant and asked for no cilantro on my dish because I feel like it tastes like soap. I usually try to not order salsa at most places because it is usually included, so that's what I did this time. When my food came out, it was garnished with cilantro! I was able to get it all off to avoid the taste, but it was still a little annoying. The bartender noticed and gave me a free round of drinks, so at least that was a plus.

— **Andy**, *Metro Boston reader*

ISTOCK

metro.us/horoscopes

Aries If you do your own thing and avoid getting involved in someone else's business, you'll feel much better at the end of the day regarding what you've accomplished

Taurus Get together with an old friend or sign up for something that will lead to knowledge, a new skill or an exciting acquaintance. Don't argue over something pointless.

Gemini Someone will disappoint you if you share a secret. You'll avoid interference if you don't share your plans. Don't take a risk or follow what someone else is doing. Learn from experience.

Cancer Question what others are doing. Don't feel that you must follow someone who is coaxing you to get involved in something that makes you anxious. Choose to do your own thing.

Leo Reflect on what's happened in the past and rethink how you should move forward. Listen to others, discuss issues and decide what's doable. Don't make a change just because someone else does.

Virgo Acknowledge or pay attention to what someone else is going through. Listen more, criticize less and offer solutions, not cash, if you want to make a difference.

Libra Take your time. A joint venture isn't something you should jump into quickly. Don't accept things at face value. You are best off investing in personal gains and improvements.

Scorpio What you do will be more important than what you say. Engage in something that will be a learning experience or will bring you closer to the people you care about most.

Sagittarius You can think big, as long as you don't go overboard. Make plans based on your budget, ability and available time. Romance should be a priority.

Capricorn A lifestyle change will affect your relationships with the people you deal with daily. Consider what's best for everyone before you proceed.

Aquarius Do something exciting, take on a physical challenge, strive for good health and spend more time with a loved one. A personal gain is within reach.

Pisces Participate in something you feel strongly about. Taking a stand will make you feel good and will bring you in touch with people who share your beliefs.

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Spending time on true crime

The host of the popular podcast "Crime Junkie" gives Metro the scoop on her show.

MOLLY GIVEN
MollyGiven@metro.us

Ashley Flowers. DIANA L RAGLAND

In the world of podcasts, true-crime research is king. Audiences everywhere are enthralled by the jaw-dropping stories and incredibly disturbing feats of human nature. "Crime Junkie" is the epitome of this fascination. The popular series recently reached No. 1 on Apple's podcast charts with an average of over 10 million downloads per month, and for good reason: it's well-researched and quite addicting. One of the hosts, Ashley Flowers, sat down with Metro to give us the scoop on her wildly popular podcast and how it all began.

What first motivated you to start a crime podcast?

I truly am a crime junkie, which is why we decided to call the podcast "Crime Junkie." I listened to every true-crime podcast out there. There was just not enough content. So it was a little bit of that. I always had in the back of my mind that I wanted more, but I had also been on the board of directors for my local Crime Stoppers in Indiana and they were looking for a new way to get younger people involved. A lot of people my age didn't know what the program was or that it even existed, so I decided to do this community initiative to do some brand awareness for Crime Stoppers, and I knew crime podcasts were very big with millennials. I still work with Crime Stoppers and do a lot for them, but after we got bigger and bigger, we are able to work with a lot of other nonprofits across the country now as well.

When you research for a live show or a podcast episode, what goes into your preparation?

When we're doing a regular episode, it takes me about 30 hours to put [it] together with the research and the writing. That just takes us to a place where we can record, it doesn't include editing. But the stuff that I'm looking for — we're not investigators or journalists — what I'm looking for are news articles, books, documentaries or court records that are public. I'm trying to compile everything into a 30-minute digestible story. We are taking stuff that is already publicly available and putting a narrative to it. The live show is a little more intense. We're on tour right now and we take the same story to every city, and the live show took me about four weeks to put together. It's twice as long as an episode and we actually let the audience see some of the court documents or reports; we create videos around the audio we have; we show news clips and stuff like that [as well]. So it's a totally different experience and it takes a lot longer to put together.

How do you choose the cases that you want to showcase?

Early on, what I was looking for were underreported cases, because again I was that crime junkie. I had heard almost every podcast, and what I realized was there were all of these interesting cases that podcasts were doing over and over again. I would see an episode coming up from another podcast and I wouldn't even listen because I felt like I already knew the story. So I wanted to put out some stories that people didn't know and that were fresh and new and giving attention to cases that just weren't getting it. Or if we did a big case, looking at it in a different way or from a different angle or spin. Now that we have a following, we get about 3,000 case suggestions a month from our listeners. So now I can really go in and see what our listeners want to hear about. It's great that we can provide cases from their area and ones that maybe didn't get a ton of news coverage. So that's how we are finding our underreported cases now.

I know you sometimes connect with some of the victims' families for the cases you work on. Does your career with Crime Stoppers motivate you to do that?

This was all kind of born because of the family members. When we first started, it was never my intention to go knocking on doors and I never reached out to a family member preemptively. I didn't want to bring up the worst time in their lives, I don't know where they are at with this tragedy. So I felt like I needed to respect them by not contacting them. Every time we work with families it's because they've reached out to us. It happened so early on, from episode 1, before we even had a following. It was a story about a missing woman on the 20th anniversary of her being missing. The day after we released it, her daughter reached out to us and we were able to do a follow-up episode with her daughter. It was a good reminder early on that the people we're talking about in these stories are real people, and other people are going to hear us talk about them. So every time that we've had a family member or someone involved in the case, it's because they've reached out to us to use our platform to tell their story.

What do you think it is about true crime that makes the subject so interesting to people?

I think there are a couple of different types of people and different reasons they are interested in it. I think there is a subset of people who are really trying to understand human behavior and understand how somebody who looks like me could do these horrible things. I think another subset of people — and this is where I find that I fall in — look at these stories and wonder where things went wrong. What was the thing that they did that I can avoid doing to make sure this doesn't happen to me. Our audience is 90 percent women and I often think when I talk to women who listen to the show, that's kind of what we are looking for. We want to find something in a story that points to a reason that this happened.

What would you tell people who have never heard "Crime Junkie" to expect from an episode of your podcast?

It's really straightforward storytelling with a narrative. We don't sidetrack, we don't go off on tangents, there's no speculation. It's to the point and fact-based, and it's very victim-centric.

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That's the Spirit

The Spirit of Philadelphia recently underwent a million-dollar refurbishment.

MOLLY GIVEN
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The Spirit of Philadelphia. PROVIDED

If you've spent time down by the Delaware River Waterfront, you've most likely seen the Spirit of Philadelphia cruising its way down the river. For over 35 years, the massive vessel has provided an incomparable experience and an unbelievable view of the City of Brotherly Love to many lucky Philadelphians. Now, after a million-dollar refurbishment, the Spirit of Philadelphia is ready to unveil her new look with the same classic maritime experience.

"Over the last five years, we have invested over $50 million in our fleet, our technology and our efforts to continuously elevate our guests' experience. This outstanding revamp of the Spirit of Philadelphia is testament to that commitment," said Kenneth Svendsen, CEO of Entertainment Cruises, in a release.

Entertainment Cruises decided it was time to give the Spirit of Philadelphia a face-lift, and after a nip here and plenty of tucks there, the boat is ready to show off her new look.

Spirit of Philadelphia General Manager Ryan O'Connor is more than thrilled with the refurbishment the vessel underwent. "We really spruced her up and gave her a nice modern look," says O'Connor. "We were able to paint the entire superstructure including the decks, so she has a brand-new paint job and looks fantastic out on the water. Then on the interior, we did a really nice refresh. So really just modernized things: new marble bartops, new carpets, new chairs, new ceiling tiles and more."

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All purchases must be made with cash only and paid in full at the same time of sale. All goods sold as is and must be removed at the time of purchase. University City Housing Co.

So what can you expect when cruising down the Delaware in style on the Spirit of Philadelphia? First, you have to choose your experience: "We do two-hour lunch cruises and three-hour dinner cruises," says O'Connor. "Our lunch cruise includes a delicious buffet meal, live DJ entertainment with a lot of dancing and a lot fun. The dinner cruise [also] offers a buffet meal with something for everybody and live DJ music. Both [cruises] also just have beautiful skyline views — best in the city, in my opinion."

The views from the boat are quite stunning, even breathtaking at moments when the light hits just right. It's a perfect way to get a new view of the city; even if you have lived in Philly for years, you have never seen it quite like this. The cruise also offers a perfect tour of the city for those who are in the City of Brotherly Love for the first time. "We offer a narration of the sites on our lunch cruise for the sites along the Delaware River," says O'Connor.

Amenities aside, the Spirit of Philadelphia also offers one of the most sought-after outdoor destinations in Philly. "We have one of the largest outdoor decks in the city. We definitely take advantage of that with lounges and outdoor games like shuffleboard, giant Jenga and foosball. We do have lounges in the interior, too, where we have Connect 4 and chess. There's just so much to do. The hours go by very quickly."

Anyone interested in the joyous affair can also save the experience for a holiday. In the summertime, the Fourth of July and Labor Day are main events. "Our Fourth of July is really popular. There are fireworks with the dinner cruise, very family-friendly. Labor Day, there will be fireworks that Sunday as well," says O'Connor.

The Spirit of Philadelphia is also a perfect way to celebrate with the people you love. "We do all types of groups, whether it's special occasions, corporate groups, weddings. ... I would say 90 percent of the people coming onboard are there to celebrate some special event. People can book through our call center or they can book through our website," says O'Connor.

What some Philadelphians may not know is that there is another vessel under the Spirit's umbrella that calls the Delaware River home. "We have another vessel in the city called the Freedom Elite yacht. The Freedom Elite holds up to 100 people for a sit-down dinner or a cocktail function. She's been with us since 2012. She truly is a luxury and you can charter her for the day."

So if you're looking to live in the lap of luxury for a few hours, or you simply want an unforgettable experience, the Spirit of Philadelphia and the Freedom Elite yacht are docked and at your service.

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Casey Webb of 'Man v. Food' on preparing for his fourth season of battle

The long-running hit series returns tonight on Cooking Channel.

PAT KING
patrick.king@metro.us

Casey Webb is the hero that we do not deserve. Since taking over the reins as host of the hit Travel Channel show "Man v. Food" from former host Adam Richman, Webb has traveled the country in order to dominate various food challenges at some of the best restaurants both in our big cities and off the beaten path. The fourth season of the show's current incarnation will be premiering tonight on its new home, Cooking Channel, at 10 p.m. ET. I spoke with Webb to find out what it's like preparing for each season, and which have been the most difficult — and most delicious — challenges he has faced thus far.

What is your preparation like heading into each season of the show?

As an adult — I guess I could call myself an adult, or some people consider me an adult based on when I was born — getting into the actual show, it was right out of the gate. So the same production company, Sharp Entertainment, brought the show back and I was in good hands. I just basically held on! The first season, it happened so fast. We did three episodes in a row, which is a lot to do. That's back-to-back on the road. We did that on and off, and then in the second season, we did that a little bit, too. Then we realized we should probably slow our flow a little bit and maybe get two episodes in and then give [everyone] a break, whether it's production and the camera crew or myself because

of all of the challenges themselves and traveling. We found a really great rhythm with momentum, believe it or not. Preparing for it, it's all of us. We're always checking in and making sure we're getting some exercise in and that we're eating well. But then we also want to cheat. We have cheat days sometimes! Or cheat months [laughs]. It's really about being mindful and being present and being in-tune and listening to yourself and your body. With anything in life, especially if you're on the road a lot and you're in restaurants around the country. Because, to be honest, restaurant food is very savory and sweet. That's what we love about going out to eat! Sometimes you have to dial back and eat cleaner, better, and eat lighter. I've done that my whole life. I've also fluctuated in life, that's just how my body is. I've taken on the responsibility of being more mindful when I'm off the road, and while I'm on the road. Again, food can be much fattier, much sweeter and much saltier in restaurants, unless you're making it for yourself. Thankfully, we have a lot of options out there. People are eating a lot cleaner these days. In airports, in small cities, in major cities. It's been really great. I've been able to find more balance.

What challenge was the hardest to bounce back from? Is there one that sticks out in your mind as being the most difficult?

Sometimes you're tapping out! Sometimes food is going to win. I say this a lot, it's like "Any Given Sunday." Anything can happen, whether you prepare or not, very much like a sporting event. And that's how I look at it and that's how I approach it because I have to put myself in a different mindset. Anyone that does any sort of challenge, whether it's food or something physically rigorous [does the same]. We just wrapped on 10 episodes in the fourth season. But, it's the biggest order to date because we are doing 20! I'm doing 10 more up until September. So we're still very much in the fourth season. So the hardest challenge to date? I don't think I've done it yet [laughs]. I kid, but I think honestly, they're all hard in their own way. Whether it be "huge" or "hot," because I'm doing hot stuff as well as the big stuff. They're all difficult in their own way and they deserve the respect that they do.

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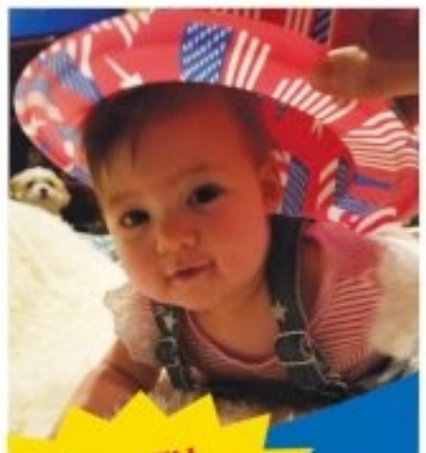

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SORTING OUT THE RESHUFFLED 76ERS

The Sixers signed Al Horford on Sunday night shortly after losing Jimmy Butler and J.J. Redick. GETTY IMAGES

THE SPORTS PROFESSOR

GLEN MACNOW

@RealGlenMacnow

In fewer than four hours Sunday night, the Sixers blew up that fun team that finished a quadruple doink away from making last month's Eastern Conference Finals.

They traded their one true clutch player and lost their best shooter. On the other side, they got taller, defensively tougher and deeper up front. In a league that's going small, GM Elton Brand has committed $411 million over the next five years to three frontcourt players.

It all happened so fast. Fans hadn't even settled into their chairs at 6 p.m. when the NBA's top names began teamhopping. And before most viewers' dinner plates were even cleared, the Sixers:

Lost Jimmy Butler and J.J. Redick.

Added Josh Richardson and Al Horford.

Re-signed Tobias Harris (five years, $180 million) and Mike Scott.

These are stunning moves that, in hindsight, underscore how unrealistic it was for many (myself included) to believe Butler would thrive long-term as a Sixer. It's the third major shakeup of the roster in a year.

But will it work?

Analysts everywhere are spewing instant "winners vs. losers" breakdowns of free agency's hours. Interestingly, they split down the middle on whether the Sixers stayed a contender or kissed away their future.

It's not that simple. And, trust me, those crystal-ball gazers are guessing as much as you. So rather than forecast either doom or a parade down Broad Street, let me ask a few questions:

Can a big lineup win?

The Sixers' starting five sets up as Joel Embiid, Al Horford, Harris, Richardson and Ben Simmons. Richardson is 6 feet 6 inches; the others are at least 6 feet 9 inches.

On the one hand, that's imposing. There's a lot of defensive talent, especially mixing in youngsters Zhaire Smith and Matisse Thybulle. On the other, the NBA is now a league of smaller lineups that beat you with speed. Can size win in an era of space and pace?

Who takes the shot?

J.J. Redick was a defensive sieve in the playoffs, but he averaged a career-high 18.1 points last season. Butler, of course, was the guy trusted with the ball at the end of close games.

Now there are other options. Richardson is an emerging, multifaceted wing who can shoot the three. Harris, who seemed lost at times in last year's offense, may now have the room (and certainly the contract) to show he's a scorer.

Oh, and of course, the prayers are out there that Generational Player Ben Simmons will expand his game and make opponents respect his jumper. Here's hoping so. For now, this lineup — athletic and versatile as it may be — seems short on shot creation.

How much does Horford have left?

Joel Embiid's kryptonite now becomes his teammate — a bonus right there. Horford is a big man who can shoot from the perimeter, play smart defense and maybe, just maybe, slow down Giannis Antetokounmpo.

Figure Horford will start at the four a lot, but his most valuable role might be subbing for Embiid to lighten the franchise center's workload. Fewer minutes for Embiid could keep him fresh for the playoffs and, presumably, lengthen his career.

The Sixers signed Horford to a four-year, $97 million contract with another $12 million in potential bonuses. That's a huge investment in a big man entering next season at age 33.

I'm just getting started with these questions. And the Sixers will make more moves, certainly add a backup ball-handler.

No one knows how good this new mix can become. But I know this: It's going to be a long wait to September, when we get to watch this all come together.

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Sports betting 101: NFL betting

SugarHouse Casino's sportsbook manager dishes out the basics of sports betting.

JIM LLEWELLYN

Jim Llewellyn is the sportsbook manager at SugarHouse Casino.

GETTY IMAGES

We've gone over a lot of the basics of sports betting in this space, but today we'll dive deeper into what the SugarHouse Casino Sportsbook at **MetroBet.us/Sugar** has to offer.

Even today, in early July, people are betting on the NFL. And it's not just futures bets for which team is going to win the Super Bowl. Today we'll take a look at betting odds for which NFL quarterback will have the most passing yards in the 2019 regular season.

Here are the odds for most passing yards:

Matt Ryan +450
Andrew Luck +500
Patrick Mahomes +500
Ben Roethlisberger +800
Baker Mayfield +1100

Eagles quarterback Carson Wentz currently has the 11th-best odds at **MetroBet.us/Sugar** of racking up the most air yardage, at +2200. A $100 bet on Wentz to win would yield an impressive payout of $2,300.

Here are the steps for seeing the odds and placing a bet at **MetroBet.us/Sugar:**

Step 1: At MetroBet.us/Sugar, click on the NFL tab in the left-hand column.

Step 2: You will see three options in the middle of your screen: "Live & Upcoming," "Futures" and "All Football." Click on "Futures."

Step 3: You will see a tab titled "Featured," but you'll want to scroll down a bit until you see "December 29, 2019." When you click on that tab, you will see many options, such as "Antonio Brown markets" and "AP Defensive Player of the Year" options. You'll also see "Most Passing Yards 2019/2020."

This is another way to bet on the NFL season beyond the typical game-by-game or week-to-week action.

To bet now, go to **MetroBet.us/Sugar** and get up to $250 in a first-deposit match bonus by using promo code **METROBET**.

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Best Bets

Phillies vs. Braves game pick

Another high-scoring affair should be in order at SunTrust Park Tuesday as Nick Pivetta (4-2, 5.63 ERA) and the Phillies take on Dallas Keuchel (1-1, 5.06 ERA) and the Braves. SunTrust has the third-highest park factor (1.163 runs) of any major-league stadium behind only Coors Field (Colorado) and Great American Ball Park (Cincinnati) this season. Pivetta has been quite generous with his opposition this season, and the Braves are no exception. In two starts this year, the Canada-born right-hander has pitched to a 6.35 ERA (11 1/3 innings).

To bet on this game now, go to **MetroBet.us/Sugar** and get a risk-free bet up to $250 by using promo code **METROBET**.

The Phils will have to beware of hot-hitting shortstop Dansby Swanson, who has recorded a 1.061 OPS in his last seven games.

Keuchel has been mediocre in his first two starts for Atlanta, both on the road. Philadelphia has been slumping on offense as a whole but shortstop Jean Segura and right fielder Bryce Harper are showing signs of life.

The play: Phillies vs. Braves Over

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USA vs. England betting preview

Betting on sports, made simple.

MATT BURKE

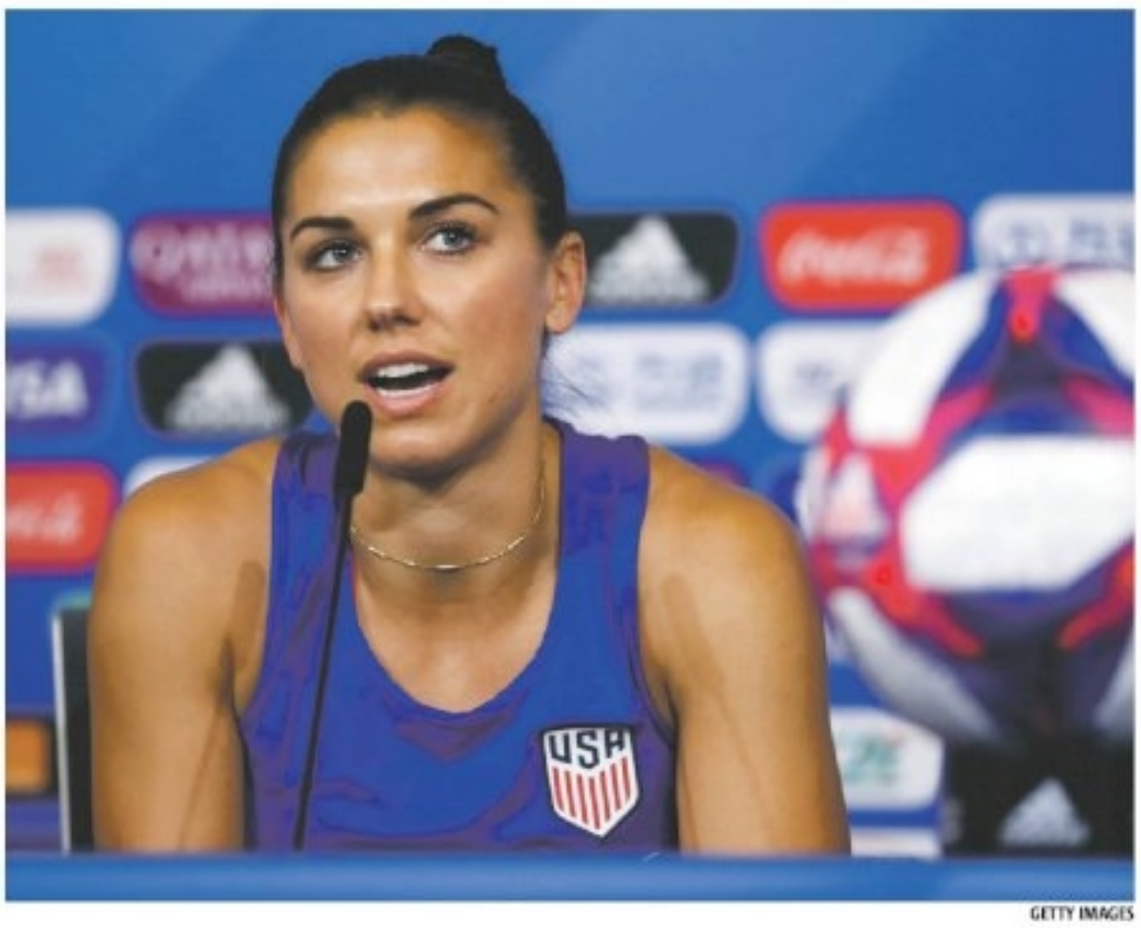
Matt Burke is a veteran sports journalist and the Founder and Editor in Chief of MetroBet.

In any sport, particularly in tournament play, you must be most leery of the team that is carrying the most amount of momentum. Beware of the "hot team."

England is peaking at the perfect time, as it has won its last two matches by a score of 3-0. The English have actually fared better in the knockout round of the 2019 Women's World Cup than they did in their first three matches of the tournament as they beat Scotland, Argentina and Japan by relatively narrow scores of 2-1, 1-0 and 2-0.

To bet on this contest now, go to **MetroBet.us/Sugar** and receive a risk-free bet for up to $250 by using promo code **METROBET**.

Ellen White has been the main offensive catalyst for England, as she has tallied five goals in the tournament. White is currently tied with the USA's Megan Rapinoe and Alex Morgan for the most goals scored in the tournament so far as each have netted five. Rapinoe has been on fire of late, having scored all four goals for the USWNT in their past two matches. Morgan, who has been slowed by a nagging injury in the tournament, scored all five of her goals in the tournament in the USA's blowout of Thailand back on June 11.



GETTY IMAGES

Key for the United States will be to again get an early cushion. The USWNT has tallied at least one goal within the first 12 minutes of each game so far.

Here are the betting odds for USA vs. England at **MetroBet.us/Sugar:**

England (+350) vs. USA (-115)

Odds for a tie at **MetroBet.us/Sugar** are +240.

You could see the USA possibly being taken down by France last Friday, and Spain caught them by surprise early last week. But the U.S. women can now taste the Cup.

The USWNT is also due for a breakout goal scoring outing after being limited to two-goal outings recently. Thinking it comes today, and the Cup Finals on Sunday are a bit more nip and tuck.

The pick: Parlay USWNT -115 and the Over (2.5 goals) +110

Sports on TV Highlights

7:00 pm	**MLB Baseball** Philadelphia Phillies at Atlanta Braves	NBC Sports Philadelphia
6:00 am	**Tennis** 2019 Wimbledon Tournament	ESPN+
3:00 pm	**Women's World Cup** USA vs. England	FOX
7:00 pm	**MLB Baseball** New York Yankees at New York Mets	MLB Network
10:30 pm	**CONCACAF Gold Cup** Mexico vs. Haiti	FOX Sports 1

MLB best bets: Cubs vs. Pirates

MetroBet takes a glance at one of the more bet-friendly games on the MLB slate for Tuesday night.

Cubs starter Kyle Hendricks (7-5, 3.36 ERA) is expected to return from an IL stint for a shoulder impingement on Tuesday against Joe Musgrove (6-7, 4.27 ERA) and the Pirates. The hometown team should prevail here.

Per the Chicago Sun-Times, Hendricks will be on a 60-75 pitch limit, which will create more chances for the Pirates' offense to get at the Cubs' bullpen. Hendricks pitched to a 2.50 ERA against Pittsburgh in 2018 but went 0-3 and allowed a healthy opponent batting average of .250. The Pirates were the second-best team by average in the month of June (.288) behind only the Red Sox. Outfielder Corey Dickerson, who returned from a long IL stint on June 8, provided a spark as he recorded a .952 OPS last month. He's a respectable 4-for-14 all-time against Hendricks, who pitched to a 4.42 ERA in three starts this June. Anthony Rizzo and outfielder Kyle Schwarber are a combined 2-for-31 (.065) all-time against the California native.

The play: Pirates moneyline

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Lack of All-Stars aligns with Phillies' struggles

JT Realmuto is the lone Phil headed to Cleveland.

JOE PANTORNO
joseph.pantorno@metro.us

JT Realmuto was selected to the 2019 MLB All-Star Game next week. GETTY IMAGES

The reveal of the 2019 Major League Baseball All-Star Game rosters doesn't necessarily carry the same kind of clout it once used to.

There are several aspects to thank for that, whether it's because of the continuing decrease in popularity of the sport; having the fans vote on the game's participants; or just because no one wants to watch an exhibition game in the middle of July.

Regardless of the game's popularity or its faulty election system, the results were indicative of how things have been going for the Philadelphia Phillies.

Catcher JT Realmuto will be the only Philadelphia representation in Cleveland next week, which was an unforeseen thought at the beginning of June.

Andrew McCutchen was flirting with a 30-home-run pace, Rhys Hoskins had 13 home runs through 56 games with a .401 on-base percentage, and Jean Segura was hitting .301 at the end of May.

It fell off the rails for the three of them.

McCutchen went down with a season-ending injury, Segura has batted .223 in June, and Hoskins is batting just .226 with six home runs over his last 27 games.

Then there is Bryce Harper, who has yet to live up to the enormous expectations that have come with a $330 million contract.

Through 84 games, he's slashing .250/.368/.471 with 15 home runs and 59 RBI. While those are decent numbers, it's not the kind of production that is expected under such a large contract.

So that leaves Realmuto as the lone Phillies All-Star, though he received the benefit of playing at an annually weak position.

Given the lack of legitimate catchers at the MLB level, Realmuto's numbers at his position are among the best in the baseball despite being pedestrian on paper.

The 28-year-old, who is currently nursing a hamstring injury, is slashing .265/.319/.431 with 10 home runs and 37 RBI.

A lack of consistent production from Philadelphia's biggest names is indicative of the recent slump that has now seen them fall 5.5 games behind the Atlanta Braves in the NL East. The Phillies are 11-18 in their last 29 games.

The All-Star break might be coming at the perfect time for the Phillies, who will look to get things right in the second half. In the meantime, they need their All-Star candidates to start playing up to snuff.

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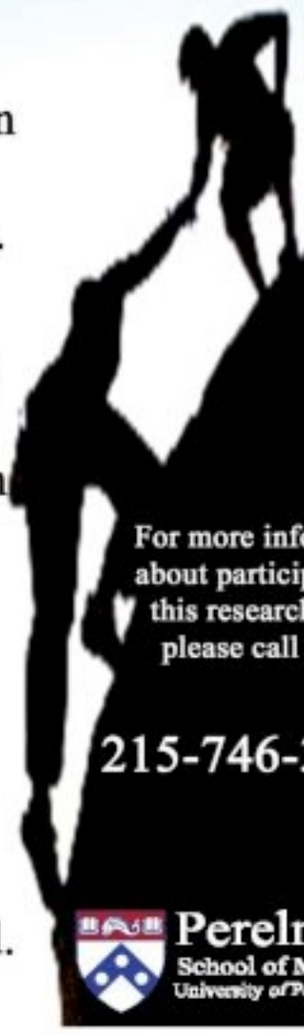

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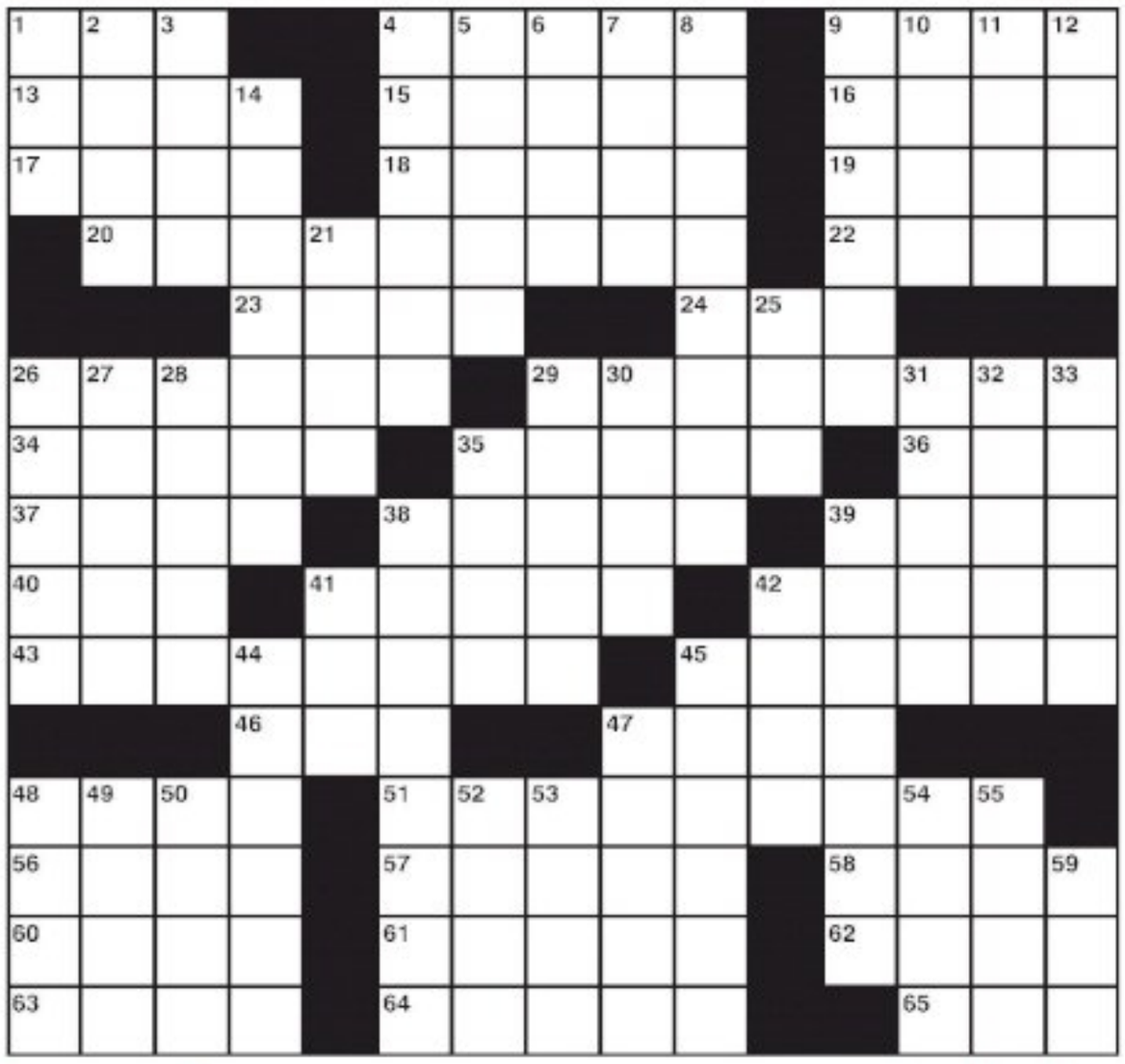

ACROSS
1 "One __ customer"; sale item sign
4 Vine-covered lattice shelter
9 Mr. Gingrich
13 Allies' WWII foe
15 Daniel or Pat
16 Sore
17 Largest city on the French Riviera
18 Flies alone
19 Lower leg part
20 Consequently
22 Partial amount
23 Bowler's focus
24 Adv. business deg.
26 No-nonsense
29 Springs back
34 Elephant's nose
35 Objectives
36 Cereal grain
37 Pealed
38 1 of the 5 senses
39 Bull, in Spanish
40 Late great heavyweight
41 Stuns
42 __ Rica
43 Breakfast order
45 Most miffed
46 Afternoon hour
47 Wreck
48 Bread for a gyro
51 Move like a desk fan
56 Lion's cry
57 Bank safe
58 Specks
60 __ up; confesses
61 Glowing bit of coal
62 "__ in Love with Amy"
63 Wise man
64 All prepared
65 That woman

DOWN
1 "Peter __"
2 Way out
3 Well-to-do
4 Not in class
5 Housetops
6 Filipino knife
7 __ about; approximately
8 Look like
9 Capital of the Bahamas
10 Repeated sound
11 On a __; impulsively
12 Emmy winner Daly
14 Oozing
21 Singer Springfield
25 Derek & others
26 Narrow leather strip
27 "The flowers that bloom in the spring, __..."
28 Altercation
29 Mother's Day gift, perhaps
30 Dines
31 Adjustable loop
32 Pub game
33 Short-tailed weasel
35 Long look
38 Assume control
39 Violent windstorm
41 Actor Aykroyd
42 Bedspring
44 Like gritty sandpaper
45 Hot and humid
47 Angered
48 __ and cons
49 Midwest state
50 Spiciness
52 Identical
53 Castro's land
54 Truck scale divisions
55 Cut, in a way
59 Notice

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Y	E	M	O	H	E	N	O	H	P
C	J	S	A	O	R	T	L	W	E
A	C	X	T	E	R	C	E	S	A
R	Y	O	C	A	B	G	V	I	C
I	H	U	L	B	N	S	I	G	E
P	A	I	D	I	S	C	T	H	K
S	E	E	Y	G	P	C	A	T	Y
N	U	L	P	U	A	S	T	I	N
O	F	U	M	K	C	V	E	N	K
C	R	Z	T	N	E	G	A	G	Z

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N	E	E	L
	R	E	S

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	9	8	1	3	2			
3		5	6	7				4
						5		7
	5	3				6	8	
7		1						
8				6	5	4		2
			4	9	7	1	6	
		4			1	3	9	

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A	L	P	O	■	A	C	C	O	M	P	L	I	C	E
R	Y	E	■	C	R	E	E	P	■	L	I	N	K	S
■	■	R	O	A	M	S	■	■	D	A	E	■	■	■
J	A	S	O	N	S	■	■	C	A	N	D	O	R	■
A	D	O	P	T	■	M	A	I	N	E	■	B	O	T
V	A	N	S	■	F	O	R	T	S	■	C	L	U	E
A	M	I	■	B	R	O	K	E	■	R	A	I	S	E
■	S	C	A	R	E	D	■	■	B	U	D	G	E	D
■	■	■	M	I	D	■	■	B	A	L	S	A	■	■
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W	R	O	N	G	D	O	I	N	G	■	M	I	N	E
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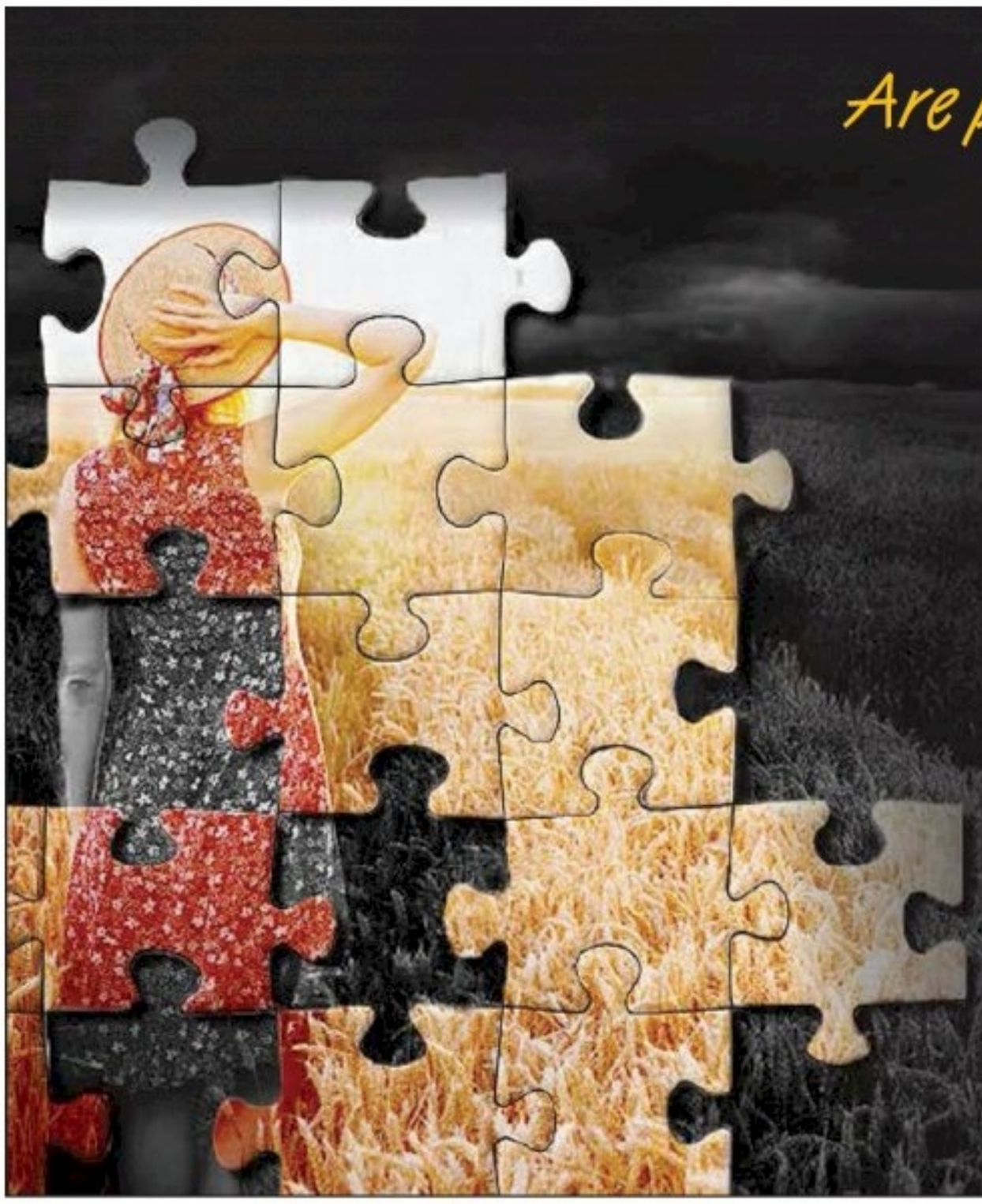

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